



Registered Charity No: 1106520

Activity Centre





Offering; Information - Advice - Support / Mental - Physical - Emotional

Dec 2017

9am till 1pm, Monday to Wednesday, Thursday 9am till 3pm

Wellbeing

Monday	Tuesday	Wednesday	Thursday	Friday
4 th Writers Workshop@10.30 Christmas tree making With Tara	5 th Bill's art group@10.30	6 th Xmas Stain glass window Painting with Tara	7 th Cooking Group @ 10.30 First Focus writers group Book launch 1pm	Dereham support
11 th Community Café Tree decoration making With Tara	12 th Bill's art group@10.30 Gentle seated exercise 10.30-11.30	13 th Community Café Come and make Pine cone Christmas characters	14 th Fish and chips Christmas Lunch 12 noon 	Community Outlet Open 4 days a week
18 th Christmas Tag Making Open	19 th Arts & crafts Open	20 th Closed Telephone support	21 st Closed Telephone support	Community outlet Open 4 days a week
25 th Christmas Day Closed	26 th Closed	27 th 2 nd January 2018	28 th Closed	 LOTTERY FUNDED
Telephone support number 07415741921				

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Day Service Provider